



# The Senior Scene

THE QUARTERLY NEWSLETTER OF  
THE SENIORS of the GROVE



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Although we have had a very mild and mostly comfortable winter, it is fun to say Spring is arriving! The arrival of spring brings with it anticipation. Anticipation for warmer weather, boats in the water, time at the lake, long walks in the park, a bike ride, flowers planted and blooming, meals on the deck, grilled burgers, and more time with family and friends. Each season holds its unique qualities but the season of Spring, to me, holds the most hope.

I don't know if the mild winter allowed more folks out and about, but it has been an interesting winter for us in the 55 Forward Program. Really unusually busy for Brenda and me. It seems that the "slow season" never hit this year. Our participation numbers are strong and growing, the work of organizing, prepping, staffing and evaluating continues to dominate our time, and we are struggling to keep everything straight and make sure things happen as planned. It used to be that we could have a leisurely visit with you when you stopped by to register for a class. Seems now we don't have that time, and are "running" to the next thing. Busy is good, but sometimes I want to cry out and stop time for a moment! Just so I can catch up, clear my desk and start a day without a full "to-do" list.

I know that Spring with the warm weather and blooming flowers also brings more people back to our programming. Those snow-birds, and winter vacation people start returning "home" back to their favorite activity, trips or events. I love seeing them back and hearing about their winters, but anticipate the growth in numbers means programs bulging out of their rooms, trips filling quickly and more details to remember and try to keep straight. I hope that with their return we continue to grow and build entertaining, educational, exciting programs for people to attend. I hope that everyone can find their niche and are welcomed to participate when and how it best fits their needs. I hope

that Brenda, Chris and I can not only "work" but find the time to create friendships and share time with you that is meaningful.

I found this quote, not so sure of the picture attached to it, but the words hold true for me, and fit well with the Spring theme too.



I hope that each of you have these "grand essentials" as a part of your life! There is always something to do here at the Community Center, maybe you'll discover a new passion and something you love to do. Can you make hope and/or anticipation as a part of every day? I've started (for a second or third time) a gratitude journal. There are rarely days where I have to think more than a few seconds before I start filling that out. It helps me to realize my blessings today, and to anticipate tomorrow with hope and joy.

As you read this I am expecting grand baby number 2 from my oldest daughter, my second daughter and husband are moving back to Minnesota from Denver, and Tom and I are looking forward to launching our new pontoon boat for a summer of fun on the lake. I have LOTS to do, my heart overflows with love and I hope for so many things for my family, friends and for you today and for the future.

... Kris

# *The Past 20 Years*

## **The Senior Program Memories**

Yes, that is right, the Senior Program is in our 20th year of being a part of Parks and Recreation and serving older adults in Maple Grove. Programs officially started in the summer of 1996, but I thought I'd take each quarter and share some of the history of the programs and how we got to where we are now.

I was hired part-time, 20 hours a week, in July, 1996. At the time the powers that be were wondering what I would do to stay busy 20 hours each week and how I might attract people to attend programs since they had had very little demand in their previous tries. Many of you have heard the story; but many have not, so please allow me to share it once again.

The community center was being built in September, 1996. My office was a box I carried to wherever there was an open desk and computer. I had planned an open house at the Library. My goal was 50 people, while the rest of Park and Rec were hoping I'd get 20. Well, if you were there, you know how crazy it was. I had treats, entertainment, and discussions planned in the meeting room. We had chairs for 50. Over 100 people packed into that room, and many couldn't find parking or wouldn't fight the crowds. We cancelled the entertainment (too crowded and hot). I sent other staff out for more treats (many got none), and we broke into discussion groups to share ideas on how to create a great program in Maple Grove. Terry Just, the Director, went back to the office and called the architect, as the planned senior room in the community center was too small!

Many other things came out of that meeting, one of them being that no one wanted to wait until the Community Center was done to start programming. We started a monthly luncheon with entertainment (similar to what we have today), and we met at area churches. There were times I would enter to find that the volunteers and I had to set up the tables (maybe adjust them from Sunday-school height), as well as figure out how to serve the group. There were times that the caterer didn't find us, or the entertainment never came. We laughed and learned and tried again the next month. Who remembers those times?

Along with monthly meals we started some card games, party bridge, and 500. We met at the Eagle Lake Park Building. I bought 4 card tables and had chairs delivered. We had to bring in our own coffee and treats. Thank you to volunteers who got those started. I remember JoAnn DuCharme and Vern Baldwin worked on the social bridge group, but I don't remember who instigated the 500 group. If it was you . . . let me know!

We also started a fitness group. Bev came to me wanting to teach, so we moved into Woodland Mounds community room once a week and started with some aerobic and stretching classes.

For months we did these kinds of things, looking for space, and hoping someone would help make it happen. Then in the summer of 1996 we opened the Community Center. This brought a big meeting space, and opportunity to do much more programming. We moved the card groups here and added more. We did informational sessions and added art classes. Our monthly luncheon was much more "steady" and continued to grow.

I was always willing to try and figure out what people wanted and had to ask for volunteers to make it happen. Pat Wright is a perfect example. Shortly after moving to the Community Center, she came to me wanting to start a duplicate bridge game. My response to her and to anyone wanting to start something was, "If you want to lead it or can find someone to lead it, I'll help make it happen." Pat took the charge. She helped me know what supplies to purchase and found Jo Gabrielson. The two of them started a weekly group playing duplicate bridge with about 4 or 5 tables. The group grew steadily under their leadership. There have been different volunteers to lead the game through the years and through the changes. Duplicate bridge has grown from 4 tables to 20 – 22 tables weekly, all because Pat asked and took charge. The group has continued to be well managed and growing through the years. Thanks to many leaders who have also taken charge!

People coming to me and my seeking new ideas has made us grow through the years. More memories in the next issue. What do you remember from those first years?

. . .Kris Orluck

# Dishing the Dirt About Our Gravel Pits

## The Maple Grove Gravel Mining Area:

### It All Starts with Geology

If you live in the City of Maple Grove or have visited the area, it is more than likely that you have enjoyed area attractions that are situated on reclaimed gravel mines.. Perhaps you have seen evidence of the current gravel mining operations that continue to play a vital role in the construction aggregate industry of the metro area. A series of



articles will explore the rich history of the gravel mining area in Maple Grove and ultimately the collaboration between the City of Maple Grove, the

gravel mining operators and owners and public agencies that led to orderly development of the gravel mining area which has served as a model for other municipalities and beyond.

Our series begins by exploring *why* sand and gravel is mined in Maple Grove. Why not mine sand and gravel somewhere else? The explanation for this requires an understanding of the geology of the area, but the bottom line is that without a sand and gravel deposit in Maple Grove, the mining would not be here; it would be somewhere else (presumably where a sand and gravel deposit exists). Sand and gravel deposits are widespread in Minnesota; they occur wherever the natural processes placed them. The sand and gravel deposits that characterize Maple Grove, originate from the processes associated with glaciers.

Hennepin County, along with most of Minnesota, was completely covered by ice sheets (glaciers) during the last glaciation, which ended roughly 10,000 years ago. Vast quantities of rock and soil were scraped from the land surface by slowly moving ice and redeposited elsewhere.

The Maple Grove-Gravel Mining Area is made up of two types of gravel bearing geological formations. The majority of the mining area, general-

ly south of County Road 109 (Weaver Lake Road/85<sup>th</sup> Ave), is made up of kames. A kame is a prominent cone-shaped hill of sand and gravel formed from water falling into a hole in a glacier. Kames are generally found within a glacial moraine near the ice front and are generally found in clusters, but an example of a lone kame is the hill at the Twin Cities Army Ammunition Plant in New Brighton. The material in a kame is generally poorly sorted, being sandy near the top with coarser material toward the bottom.

The area generally north of County Road 109 is part of a flat glacial outwash plain that continues from Maple Grove through Brooklyn Park to near the Mississippi River. An outwash plain is a plain formed of glacial sediments deposited by meltwater outwash at the terminus of a glacier. As it flows, the glacier grinds the underlying rock surface and carries the debris along. The meltwater at the terminating edge of the glacier deposits its load of sediment over the outwash plain, with larger boulders being deposited near the terminal moraine, and smaller particles travelling further before being deposited. Large gravel deposits, up to 100 feet in depth, exist below this outwash plain.

During the most recent glaciation, ice generally advanced into Maple Grove from two different directions. One ice lobe, referred to as the Superior Lobe, contained material derived from the Lake Superior Basin. These deposits consist of materials such as agates, basalt, gabbro, and granite. In other words, it's hard and durable rocks that produce high-quality construction aggregates. It is the Superior Lobe deposits that produce the most reliable source of high quality construction aggregate. The rock characteristic of these deposits is non-reactive and structurally competent. In other words, the material is resistant to the natural breakdown that occurs when materials are exposed to the elements, especially in the unforgiving climate of Minnesota.

The other ice lobe, referred to as the Des Moines Lobe, advanced from the northwest and contains materials largely of sedimentary rocks including limestone and shale fragments picked up by the glacier as it travelled over Manitoba and North Dakota. The Des Moines

*(Continued on page 8)*

# Happy Spring!

## RETURN OF THE RHUBARB

Rhubarb is a sure and tasty sign that spring has arrived. It grows beautifully in Minnesota because it needs winter chill for its thick stems and red color. Early in the spring, when the temperatures rise into the 40s, rhubarb sends up its edible stalks, a much-anticipated harbinger of the coming growing season. Ok, the growth of rhubarb, also known as pie plant, may not be as exciting as the smiling faces of daffodils and crocus; but one of my favorite memories as a child is sitting outside with a big stalk of rhubarb and a little bowl of sugar. At that time I didn't know, or care, that I was getting vitamin A and C along with potassium, manganese, and calcium while I was crunching my rhubarb.



If you are just getting around to planting rhubarb (like me), fertilize your soil with manure, compost, or a 16-8-8 commercial fertilizer in the early spring, about a month before you plant. Rhubarb crowns are established plants that are at least one year old and will produce a crop in the harvest season after planting — much sooner than rhubarb plants that are grown from seed. Plant crowns two inches deep and thirty inches apart. Each plant will end up producing about 2 pounds of edible stalks each year. Many gardeners plant two rhubarb plants for each family member. Of course, if you are planning on making rhubarb crisp, rhubarb cake, rhubarb bread, and rhubarb jam, you may want more plants. And is there a better way to celebrate spring than with a fresh-baked rhubarb pie with ice cream? My grandma used to stew the rhubarb with sugar (and sometimes strawberries) and serve it as a sauce with heavy cream. The sauce can also be frozen so that you can enjoy it in the dark days of January to remind you that spring really is coming.

Try planting cabbage, garlic, onion, and broccoli close to your rhubarb patch and watch them thrive. Just don't plant rhubarb near root crops.

Roses also benefit from being near rhubarb. Remove rhubarb flowers as they appear. This will direct the plant's energy into growing tasty stems instead of flowering and setting seed. The harvest season for rhubarb lasts until the end of June and possibly into early July. After that stop harvesting and allow the plant to keep all of its leaves to build its reserves of energy for the next year.

As I was reading up on the best way to plant my rhubarb, I came across some fun facts that I didn't know:

- The word rhubarb comes from the Latin word *reubarbarum*. That means root of the barbarians.
- It's the only garden crop whose leaves are toxic, but whose stalks are safe to eat. Although you can't eat the leaves, you can compost them.
- Rhubarb originated in northern Asia more than 2,000 years ago. It grew wild in Tibet.
- It is the only vegetable we use as a fruit.
- Rhubarb is interchangeable with cranberries in most recipes.

*...Contributed by Virginia Hanson*

## METROPOLITAN OPERA COMES TO MAPLE GROVE

Enjoy a live matinee performance of the Metropolitan Opera at the AMC theater in Maple Grove. The English translation, elaborate production, and the knowledge the NY Met has makes it an enjoyable afternoon. Plus, the Maple Grove AMC theater is so much closer than New York.

### April's Schedule

April 2: Madame Butterfly

April 16: Roberto Devereux

April 30: Elektra

For more information, call the Maple Grove AMC 763-494-0379 or go to [www.americantheaters.com/programs/the-met](http://www.americantheaters.com/programs/the-met)

# Spring is Here!

## Maple Syrup Season in Minnesota

The freezing and thawing cycle between our Minnesota winter and spring is required to get the sap flowing between maple tree roots and branches. This makes our state one of the few places in America that can produce maple syrup. March is an ideal month for tapping trees. The nights are generally still cold, but the days are warming up.

The Audubon Center of the North Woods in Sandstone, MN tap around 600 trees as it takes up to forty gallons of sap to make one gallon of syrup. The sap is boiled down in a vat that is called an "evaporator." The purpose of boiling is to evaporate the water out of the sap. The Sugar Shack at the Audubon Center uses a wood-fired evaporator which is something of a rarity in the 21st century. They must bring the sap to about 219 degrees before it will begin to thicken into pure maple syrup. It's really easy to burn, so the evaporator needs to be carefully monitored throughout the boiling process. When the sweet smell of boiling sugary maple tree sap fills the crisp air, it surely wets your appetite for hot pancakes with sausage and pure maple syrup.

There are several places in our area where you can go to observe or take part in tapping the trees. Several Three Rivers Park District locations in the Twin Cities area feature maple syrup events.

Check their websites for 2016 dates. The closest is the "Maple Syrup Festival" at Eastman Nature Center in Osseo. Also, check out "Gifts of the Maple" at Richardson Nature Center and "Family Maple Syruping" at The Landing, French Regional Park.

The Audubon Center of the North Woods mentioned in this article is less than a two-hour drive from Maple Grove. On their Annual Maple Syrup Day they have a pancake breakfast, maple syrup demonstrations, and hands-on activities including tapping the trees and sap collection. Go to [audubon-center.org](http://audubon-center.org) for a calendar of events.

Fort Snelling holds their "Maple Syruping in Your Backyard" workshop throughout the month of

March. Check their website for specific dates. However, the sugary sap lasts only a few short weeks. Once the buds come out on the trees, maple syrup time is done. Depending on the weather, sap production can last a few weeks, or only a few days so catch it while you can!

...Contributed by Virginia Hanson

## Pass It On

I remember past tribal elders and the grandmothers who lived in the same house who passed on their wisdom over the dinner table or when doing shared chores. I have lessons that I would like to pass on, but the adults are busy and the children are buried in their tablets.

Some years ago I was in a support group where the facilitator asked what advice we would pass on to others. Here are some of mine.

Smile! This is good for you physically and emotionally. It can make others feel better and tends to be contagious. Often a smile expresses positive feelings. Also, it's a gift that keeps on giving.

Question authority! We live in changing times. Now, more than ever, perhaps questioning is warranted. Question sources that indicate they know best because of position or expertise. No one knows it all, and perspectives vary. Some people really would like to sell you something, whether it be a product or an idea.

Learn to think critically! By that I mean learn to look within yourself for answers. I've suffered some hard lessons by not following my own advice. These include having three recommended surgeries I deeply regret. It taught me to seek second opinions, to do research, and to build in evaluation of what the impact might be if an action is taken or not taken. In the process, I've ventured into ways to seek answers.

Sometimes words unspoken can clog up the system and the heart. Sharing can be GOOD. Pass it on.

...Contributed by Gervase Raphael

# Annual Picnic for Korean War Veterans

## Hosted by Byong Moon Kim, Shoreview MN.

In 1950, when North Korea invaded South Korea and occupied their own towns, Byong Moon Kim was 6, his wife 2. The Korean War lasted until 1953 and 1,789,000 U.S. Military Members served in the Korea Theater.

Each year for the past 11 years the Kim family has hosted an appreciation picnic to thank those who served in Korea. Generally, 300 to 400 people attend the four-hour celebration. Old friends shake hands, slap each other on the back, talk of how they are now, how they were then, of cold worse than Minnesota, of frozen rations and tootsie rolls they thawed in their mouth.

At the picnic today, Korean and American food is served. The Appreciation Day's program, written in English and Korean, fills 14 pages. The list of volunteers for the picnic takes a half page of the program: most of them are Korean.

The tributes written in the program to the 36,568 who did not return home, the 103,284 wounded and all who served brought tears to my eyes. In one 24-hour period MASH (Mobil Army Surgical Hospital) treated 608 patients. Nurses sometimes gave their blood and blankets to patients.

At the annual picnic singers, musicians, and bands perform military service songs, songs of the era, "Maybe," "Lemon Tree," "Where Have All The Flowers Gone," "Turn, Turn, Turn," and many more. The American and Korean national anthems are sung.



In the 2014 Appreciation Day Program Kim writes of the blind, "You touched things to see because you could not see. Other injured ones could not reach the cupboard because they had lost parts of their leg(s), and they fell down when they tried to walk. Their losses have made it possible for us Koreans to run, to skate, to dance in freedom."

In a 2014 Star Tribune article Kim wrote, "Thanks

to U.S. service members' sacrifices, the generous aid from the American people, and the hard work of the South Korean people, South Korea rose from war's devastation to achieve prosperity, freedom of expression, of worship, freedom from war and fear.

Thanks to the Byong Moon Kim's family for remembering us for what we did in Korea.

Resource, Sgt Robert Stevenson USMC.

... Dorothy Stevenson and Judy Granahan



## Today

"Outside my window a new day  
I see

And only I can determine what  
kind of day it will be.

It can be busy and sunny,  
laughing and gay, or boring  
and cold, unhappy and grey.

My own state of mind is the  
determining key, for I am only  
the person I let myself be.

I can be thoughtful and do all I  
can to help, or be selfish and think  
just of myself.

I can enjoy what I do and make  
it seem fun, or gripe and complain  
and make it hard on someone.

I can be patient with those who  
may not understand, or belittle  
and hurt them as much as I can.

But I have faith in myself and  
believe what I say, and I personally  
intend to make THE BEST OF

EACH DAY."

By Les Ahrens

# Money Money Gone

## New Scam Artists Abound

### How Scammers Find Us

They buy phone numbers from companies that sell data.

If you've been a victim of a fraud or scam, you get put on the "sucker list."

We volunteer info when we enter giveaways and sweepstakes, then fill out a survey.

### Tech support calls

**Hang up.** — Neither Microsoft nor Windows tech support make unsolicited phone calls. Don't click any links. If you haven't downloaded Windows 10 or the latest version of OSX, do it. It's free and has lots of new built-in security.

### IRS imposter Calls

**Hang up.** The IRS only contacts you via the U. S. Post Office.

### Cancer rip-off

Check out Charitynavigator.org before giving

### Chip card

No credit card company will email or call you to verify personal info that it already has on file. At most, you'll get a letter saying your new card will arrive soon.

### Faith-based dating

Con artists are stealing the hearts of unsuspecting singles. Use Google or Spokeo.com to research the person. Finding "no results" is a red flag.

### Medical identity theft

Never surrender Social Security, Medicare or health insurance numbers to anyone you don't know and trust. Be wary of free health checks offered at shopping malls, fitness clubs, and retirement homes. (so called rolling labs). Always review all statements from your insurance provider for any charges you don't understand.

### Counterfeit apps

Read an app's reviews before downloading—even popular ones. Limit an app's access to your location, thus reducing the chance of being spied on.

## Grieving widow

Ask a trusted family member to temporarily handle your financial responsibilities while you are grieving. You are more vulnerable to fraud that plays on your emotions.

## Gift Voucher in the Mail or Telephone.

Never click a link in an unsolicited email or divulge personal info, no matter how enticing the offer. Do a Google search on the gift card to see if there are any warnings.

## Taking Advantage of Dementia

Fake charities bombard the elderly. Some get access to bank accounts, then make small withdrawals that aren't noticed.

...Source AARP

## Ways to Protect Your Money

Instead of signing the back of credit cards, write "PHOTO ID REQUIRED."

Photocopy both sides of your drivers license, credit cards, etc. and put in a safe place. If your cards are stolen, you'll have account and phone numbers to call and cancel your accounts.

Immediately file a police report in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent and can be a first step toward an investigation.

**Immediately** call the 3 national credit reporting organizations and place a fraud alert on your name. The alert tells any company checking your credit that your information was stolen, and they have to contact you by phone to authorize new credit. Numbers to contact if your wallet or credit cards are stolen:

Equifax: 1-800-525-6285

Experian (formerly TRW): 1-888-397-9742

Trans Union: 1-800-680-7289

Social Security Administration fraud line: 1-800-269-0271

...Contributed by Judy Granahan

...Source: [aarp.org/money](http://aarp.org/money)

# More Dishing the Dirt

(Continued from page 3)

Lobe deposits produce lower-quality construction aggregates because much of the rock is soft, easily fractured or absorptive, meaning the rock absorbs water. These characteristics of the rock increase the probability that pop-outs and potholes occur in pavement and concrete as the freeze-thaw cycle of our Minnesota climate causes the soft rock to fracture and the absorptive rock to expand and contract.

The Maple Grove Gravel Mining Area contains a mixture of the Superior Lobe and Des Moines Lobe deposits. It is important to be able to distinguish between the two deposits in order to accomplish the proper blend of materials to produce a high-quality product and utilize the sand and gravel resource to its fullest extent. The natural processes of 10,000 years ago resulted in a sand and gravel deposit that continues to supply the metro area with high-quality construction aggregate.

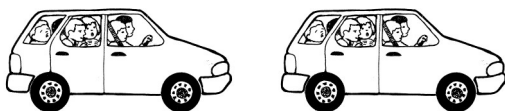
The Gravel Mining story will be continued in the July issue.

...Contributed by Christina Morrison

## Another Maple Grove Memory

In 1985, I moved to Brooklyn Park and bought a townhouse. When my two grandchildren visited me they always wanted to go shopping. Even back then, "going shopping" meant a trip to Maple Grove. Driving the narrow, gravel road to K-Mart, the only big store in Maple Grove. It often got a bit scary on rainy or dark nights when deer and other animals ran out in front of the car. Now everything is paved.

...Contributed by Betty M. Ostlund



## Words from our Parents

### TIME TRAVEL

"If you don't straighten up, I'm going to knock you into the middle of next week!"

### LOGIC

"If you fall out of that swing and break your neck, you're not going to the store with me."

### FORESIGHT

"Make sure you wear clean underwear, in case you're in an accident."

### IRONY

"Keep crying, and I'll give you something to cry about."

### OSMOSIS

"Shut your mouth and eat your supper."

### CONTORTIONISM

"Just you look at that dirt on the back of your neck!"

### HYPOCRISY

"If I told you once, I've told you a million times, don't exaggerate!"

### ENVY

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

### ANTICIPATION

"Just wait until we get home."

### MEDICAL SCIENCE

"If you don't stop crossing your eyes, they are going to get stuck that way."

### HOW TO BECOME AN ADULT

"If you don't eat your vegetables, you'll never grow up."

### WISDOM

"When you get to be my age, you'll understand."

### JUSTICE

"One day you'll have kids, and I hope they turn out just like you!"



# Hee! Hee! Hee!

## Peppermint

I recently spent \$6,500 on a young registered Black Angus bull. I put him out with the herd but he just ate grass and wouldn't even look at a cow. I



was beginning to think I had paid more for that bull than he was worth.

Anyhow, I had the Vet come out and have a look at him. He said the bull

was very healthy, but possibly just a little young, so he gave me some pills to feed him once a day.

The bull started to service the cows within two days, all my cows! He even broke through the fence and bred with all of my neighbor's cows. He's like a machine!

I don't know what was in the pills the Vet gave him — but they kind of taste like peppermint.

## Irish Alzheimers

Murphy showed up at Mass one Sunday, and the priest almost fell down when he saw him. He'd never been to church in his life.

After Mass, the priest caught up with him and said, "Murphy, I am so glad ya decided to come to Mass. What made ya come?"

Murphy said, "I got to be honest with you, Father. Awhile back, I misplaced me hat, and I really, really love that hat. I know that McGlynn had a hat just like mine, and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of church. So, I was going to leave after Communion and steal McGlynn's hat."

The priest said, "Well, Murphy, I notice that ya didn't steal McGlynn's hat. What changed your mind?"

Murphy replied, "Well, after I heard your sermon on the Ten Commandments, I decided that I did-

n't need to steal McGlynn's hat after all."

With a tear in his eye the priest gave Murphy a big smile and said, "After I talked about 'Thou Shalt Not Steal,' ya decided you would rather do without your hat than burn in hell, eh?"

Murphy slowly shook his head. "No, Father, after ya talked about 'Thou Shalt Not Commit Adultery,' I remembered where I left me hat."



## Famous People Speak

### A Congressional Candidate:

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it."

### A Movie Star:

"Smoking kills. If you're killed, you've lost a very important part of your life."

### University Basketball Forward:

"I've never had major knee surgery on any other part of my body."

## Will Rogers, was also known for wise sayings:

- Never miss a good chance to shut up.
- If you find yourself in a hole, stop digging.
- Good judgment comes from experience, and a lot of that comes from bad judgment.
- There are two theories to arguing with a woman, and neither works.

# Police Academy



I picked up a flyer at the Maple Grove Community Center to attend a free, 11-week Maple Grove Police Academy program. It is held once a week from

6:30 to 9 p.m. I saw it as an opportunity to broaden my horizons, pull me out of my comfort zone, into a new and unknown territory. That intrigued me.

What did I know about the workings of the Maple Grove Police Department, other than seeing them in their squad cars on the streets? From my experience as an RN at North Memorial Hospital, I knew they answered medical emergencies. Surely there were more in-depth requirements for their job than what I observed. I was eager to find out all I could. This required stepping out of my comfort zone, a rather uncomfortable concept for me.

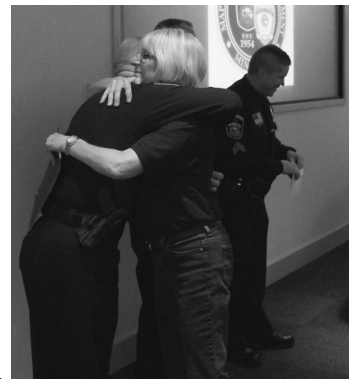
I applied for the program, and shortly afterward I was accepted! Thus began a 3-month experience that I highly recommend to any and all residents of Maple Grove. Weekly sessions include tours, lectures, demonstrations, hands-on exercises, and discussions. Our class of 40 was a mix of age, gender, nationality, and professions. We became an enthusiastic, fun group. Our strong interest and eagerness to learn filled us with unending questions that kept the presenters over their scheduled end time of every class. Everyone patiently accepted and answered our questions frankly and clearly.

The nuts and bolts of the Police Department's policies and procedures were clearly reviewed. Hiring protocol was explained, along with educational requirements and job descriptions for police officers. Each of us went on a "Ride Along" outside the regular class time, a chance to sort of "walk in the shoes of a police officer." Sharing our different and interesting stories about the ride was truly a learning event for us. Connections with our "Sister City," Plymouth, was described and clarified, while the sharing of equipment and personnel was explained. The K-9 Unit Maple Grove shared with Brooklyn Park came and

demonstrated their techniques. Maple Grove is hoping to budget for their own K-9 Unit in the near future.

We toured the Hennepin County Jail, observed an arrest procedure in real time, participated in a shoot-don't shoot scenario, practiced handling a firearm and shooting in the Police Firing range. We toured the 911 building, watched the workings of the answering service, and saw how they connect the many other agencies necessary for each call. We learned a 911 call is for any type of situation, no matter how trivial one feels it is.

Graduation came too soon. No one wanted the classes to end. Many members plan to attend similar programs and volunteer for the Police Reserve Program. This program deepened my admiration for police work. I saw how devoted our officers are to their professionalism in carrying out their duties.

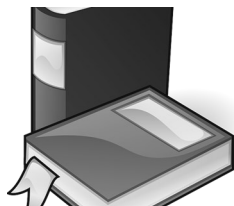


They put their life on the line every time they start their shift, and they do it because they love their work. It was awe-striking for me. I've always thought the Maple Grove Police did a "good job" for our community but didn't know the depth of their requirements, their unbelievable dedication, professionalism, and concern for us, the Maple Grove citizens. I am deeply impressed with all of these officers! I'm proud to have them in our community performing the difficult task of balancing protection and caring for us while carrying out the laws. Our Maple Grove Police Department and Officers are a true example of what an ultimate organization can be. We can be extremely proud that we have such an outstanding group protecting our community. We offer them all our gratitude and support for their constant vigilance and protection.

...Contributed by Sher Monfore

# Senior Center News

## Senior Book Club



All are welcome to the Senior Club. Come and join the interesting discussions. They meet the first Wednesday from 9:30-11:30. Books are selected from the Book Kits offered by the Hennepin

County Library. Copies are available from Kris in the Senior Center.

**The Orphan Train**, a novel by Christina Baker Kline, was discussed at the January meeting. It tells the story of Vivian Daly, who rode an orphan train to Minnesota in the depression era. The book is based on the history of the questionable Orphan Train movement from 1854-1929 sponsored by The Children's Aid Society. The goal was to place the orphans in stable homes. (During our discussion we decided that we all should record our history.)

The **Glass Castle** by Jeanette Walls, a memoir based on her growing up in a dysfunctional family was discussed in February. The title reflects her father's unfulfilled plan to build a glass castle for his family. The written interview with the author, eight years after the publication of the book, was read to the group.

...Contributed by Marge Smith

**The Sound and the Fury** by Willian Faulkner was discussed in March. This is a story of tragic Caddy Compson, as seen through the eyes of her three brothers – the idiot Benjy, the neurotic Quentin, and the monstrous Jason.

## April, May, and June Discussions

**The Grace of Silence** by Michele Norris The cohost of National Public Radio's "All Things Considered" wrote a book about "the hidden conversation on race" that is going on in this country. Along the way she unearthed painful family secrets that compelled her to question her own self-understanding. She conducted hundreds of interviews with ordinary Americans and their observations about evolving attitudes toward race in America.

...Hennepin County Library

## The Weird Sisters by Eleanor Brown

Unwillingly brought together to care for their ailing mother, three sisters, who were named after famous Shakespearean characters, discover that everything they have been avoiding may prove more worthwhile than expected.

## Orange is the New Black : My year in a women's prison by Piper Kerman .

A compelling, often hilarious, and unfailingly compassionate portrait of life inside a woman's prison.



## From a Family Tree Maker Devote'

The January newsletter contained high praise for taking computer classes at the Community Center. I want to add my praise.

As a kid my ancestry was of little interest to me. As an adult I became curious. Thanks to Cathryn Worden I happened upon a course at the Community Center teaching the *Family Tree Maker*.

Starting with a desire to put together a small book about my family tree, I discovered I have an ancestor who came over on the Mayflower. Another was found guilty during the Salem Witch Trials, then acquitted.

Now, 18 months later, my family tree has over 1,700 names and data spread out on its branches and twigs. I highly recommend the many computer courses taught at the Maple Grove Community Center.

...Contributed by Jim Fultz



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## *Bits 'n Pieces*

### **A Senior's Winter Day**

It's the dead of winter  
with nothing to do  
but wait for the sunlight  
to come shining through . . .  
the window.

But I don't wait  
I turn on the lights  
find a good book'  
and read 'til daylight . . .  
comes.

Once the sun's up  
I'm ready to move  
and do many things  
I love . . .  
to do.

I sew cuddly fabric  
to make a baby quilt  
and enjoy hot chocolate  
with no guilt . . .  
whatsoever.

The quilt is done  
The sun has set  
Now it's time  
For me to get . . .  
to bed.

*. . .Contributed by Shirley Christenson*

Dear Reader

Thanks to many of you, we filled 12 pages this time. We will continue to need your stories of people, funny pets, bits of history, wisdom, community resources, etc. Your smallest of ideas can blossom into a great piece. We also need on-going help in putting the newsletter together. The pay is very good. As you sit there working, you'll get lots of smiles, comments like "the newsletter is great," "I can't wait to read the next issue." If you can join us, call Kris at 763-494-6514 .



**Newsletter Committee:** Kris Orluck, Judy Granahan, Marilyn Pederson, Marilyn Schroeder

**Contributors:** Shirley Christenson, Jim Fultz, Virginia Hanson, Sher Monfore, Christinia Morison, Betty Ostlund, Gervase Raphael, Dorothy and Bob Stevenson, and Byong Moon Kim

**The next Newsletter** will be published in June. Please submit items for the next issue by May 1, 2016. Please send or bring your stories, jokes, tidbits. to Kris. Rough drafts are welcome.